

## **Dermaplaning Facial Aftercare Instructions**

Thank you for choosing us for your Dermaplaning Facial. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

### **What to Expect:**

- Instantly smoother, brighter skin
- Mild redness or sensitivity in the treated area (should resolve within a few hours)
- Increased absorption of skincare products
- Temporary dryness or flaking may occur within a few days after treatment

### **Immediately After Treatment:**

- Instantly smoother, brighter skin
- Mild redness or sensitivity in the treated area (should resolve within a few hours)
- Increased absorption of skincare products
- Temporary dryness or flaking may occur within a few days after treatment

### **First 24 Hours:**

- Apply a gentle moisturizer and broad-spectrum SPF 30+
- Avoid direct sun exposure, heat, steam, and sweating (including saunas and workouts)
- Do not exfoliate or use any skincare products containing acids, retinol, or alcohol
- Use cool water to cleanse the skin and avoid scrubbing or rubbing

### **Ongoing Care (Days 2-14):**

- Continue using gentle, hydrating products (cleanser, serum, moisturizer, SPF)
- Avoid waxing, laser treatments, or other exfoliating procedures for 7 days
- Stay consistent with sunscreen application daily — your skin will be more sun-sensitive
- Resume use of active ingredients only if your skin feels fully recovered and not sensitive
- Keep skin well-hydrated to maintain smoothness and glow

### **When to Contact Us:**

Please reach out immediately if you experience:

**Shim Ching, MD | Asia Pacific Plastic Surgery & MedSpa**  
1330 Ala Moana Blvd., 4th Floor, Honolulu, HI 96814 Phone: (808) 585-8855

# ShimChing MD

Asia Pacific Plastic Surgery Inc.

- Persistent redness or swelling beyond 48 hours
- Burning, itching, or rash-like reactions
- Signs of infection (pus, unusual discharge, or heat in the area)
- Any other reactions that feel unusual or concerning to you

## **Additional Tips:**

- Schedule dermaplaning every 4–6 weeks for best results
- Avoid harsh or abrasive products and tools while your skin heals
- Drink plenty of water to keep skin hydrated from the inside out
- Don't worry — dermaplaning does not make hair grow back thicker or darker
- Pair with a hydrating mask or facial treatment post-procedure for enhanced results

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!